

National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2011

TARGETED
OUTREACH

JOIN THE VOICES FOR RECOVERY

RECOVERY BENEFITS EVERYONE

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Substance Abuse and Mental Health Services Administration

SAMHSA

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“ Recovery is a second chance at life and has shown me that there are no limitations to giving to our community and leading the best life we possibly can. ”

Rob Jasperson

*Certified Addictions Counselor
Roseburg, OR*

Recovery is possible and so common that half of all adults over age 18 know someone in recovery from addiction to commonly used substances such as alcohol, illicit drugs, or prescription drugs.

SOURCE: *Americans Believe in Prevention and Recovery From Addiction.* CARAVAN Fact Sheet. The Substance Abuse and Mental Health Services Administration website: http://www.samhsa.gov/Attitudes/CARAVAN_Factsheet.pdf, p. 1. Accessed August 12, 2010.

OVERVIEW

Recovery Benefits Everyone!

For 22 years, **National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month)**, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services (HHS), has celebrated people in recovery and lauded the work of treatment providers. **Recovery Month** highlights that all individuals have the fundamental and inherent value to be accepted and treated with respect, dignity, and worth. In addition, **Recovery Month** spreads the message that behavioral health is an essential part of health and one's overall wellness, and that prevention works, treatment is effective and recovery from substance use and mental disorders is possible.

This year's **Recovery Month** theme, **"Join the Voices for Recovery: Recovery Benefits Everyone,"** emphasizes that:

- All Americans have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost.
- Public awareness will increase access for those in need of essential substance use and mental health treatment and recovery support services, including behavioral health treatment.
- These legislative changes will improve the overall health and well-being of people in the United States.

The passage of the MHPAEA provides parity, or the recognition by insurance services—both public and private—that substance use and mental disorders are treated comparably to other physical health and medical conditions.¹

This overview will discuss health reform's impact on access to treatment and recovery services, the overall need for these services in today's society, and groups that can raise awareness about these services.

The Substance Use and Mental Health Landscape

Substance use and mental disorders touch everyone one way or another—regardless of race, age, gender, workplace, geography, or socioeconomic level. While the conditions are widespread, treatment services are effective, and recovery is possible. In fact, millions of Americans are in recovery today.²

Substance use disorders—which include misuse, dependence, or addiction to alcohol and/or legal or illegal drugs—and mental health problems—which include depression, anxiety disorder, mood disorder, post-traumatic stress disorder (PTSD), and others—are major public health concerns in the United States, but prevention and treatment services are available and effective. Studies have shown that substance use disorders include both physical and mental dependences,³ and have characteristics similar to other chronic diseases, such as asthma, hypertension, and diabetes.⁴ Like substance use disorders, mental health problems are common, yet treatable, and the realities are often misunderstood. The most common mental health problems are anxiety and mood disorders, ranging from phobias to major depression and bipolar disorder.⁵

As with other chronic illnesses, individuals who seek treatment and recovery support services for substance use and mental disorders learn new life skills and go on to live healthy, empowered, and productive lives, giving back to their communities.

Understanding the Need for Prevention and Treatment

Effective and cost-efficient strategies for preventing and reducing the severity of some substance use and mental disorders exist. For example, school-based prevention programs for children, teens, and young adults that talk about the dangers of alcohol and/or drug use can reduce the development of substance use disorders.⁶ Despite numerous successful prevention efforts, in 2009, 20.9 million people aged 12 or older still needed treatment for substance use disorders but did not receive it at a specialty substance use facility in the past year,⁷ and 6.1 million adults in the United States aged 18 or older who reported an unmet need for mental health care didn't receive services.⁸ Fortunately, recovery is possible, and so common that half of all adults over age 18 know someone in recovery from addiction to commonly used substances such as alcohol, illicit drugs, or prescription drugs.⁹

A number of risk factors are associated with substance use and mental disorders. Research suggests that genetic factors account for between 40 to 60 percent of a person's risk of developing a substance use disorder.¹⁰ However, just because a substance use or mental disorder runs in a family, it doesn't mean that others in the family or their children will be affected.¹¹ In fact, more than one-half of all children of people with alcohol dependence don't develop the disease.¹² Likewise, while some mental health problems—such as bipolar disorder—tend to run in families, most children with a family history will not develop the condition.¹³ If parents are worried that they or their children may be at risk for a substance use or mental disorder, consider the following tips: don't drink illegally or use illicit drugs,¹⁴ don't misuse prescription medication,¹⁵ address traumatic events,¹⁶ communicate any concerns with a health care provider or a trusted person,¹⁷ and stay physically and mentally healthy.¹⁸

Expanded Access to Treatment

In 2009, approximately 22 percent of adults with substance use and/or mental disorders were uninsured. Of these uninsured adults, one in three had incomes below the Federal Poverty Level.¹⁹ There is a great need to help people who suffer from substance use and/or mental disorders gain access to treatment and recovery support services. Now, with the passage of the Affordable Care Act in 2010, health care coverage will expand to approximately 32 million Americans who were not previously insured.²⁰ This Federal law includes many new provisions aimed at improving coverage for and access to substance use and mental disorder prevention, treatment, and recovery support services.

Through the implementation of the MHPAEA, employer health plans with more than 50 employees enrolled that choose to include coverage for substance use and mental health services must provide those benefits in the same way as all other medical and surgical services covered by their plan. Therefore, for plans that choose to offer coverage, co-payments, deductibles, and annual and lifetime caps on substance use and mental disorder treatment benefits must be equal to benefits for other medical conditions.²¹ Behavioral health is essential to health and this expanded access to treatment can provide thousands of Americans the opportunity to live happy, healthy, and productive lives in long-term recovery.

Encouraging Recovery in Communities Across America

Barriers to the treatment of substance use and mental disorders—including discrimination, lack of access, and denial—still exist. The following groups can be instrumental in raising awareness about the importance of accessing treatment and recovery support services and their effectiveness, to help erase barriers. Additionally, they can educate people nationwide on the physical, emotional, economical, and social benefits of recovery.

- Policy makers** – Local, State, and Federal policymakers need to inform their constituents about the benefit of treatment for and recovery from substance use and mental disorders, and how recovery positively affects communities both socially and economically. For example, after individuals receive treatment in an integrated primary care and substance use setting, total medical costs per patient per month are more than halved.²² With treatment, one's overall health improves, community crime decreases, and employment increases.²³

- **Individuals Affected by Substance Use and Mental Disorders, Families, and People in Recovery** – Millions of people in the United States are directly or indirectly affected by substance use and mental disorders. It is essential to recognize the signs and symptoms of substance use and mental disorders and how to access treatment and recovery support services. Additionally, people already on a path of recovery can help others achieve recovery to live a healthy, productive life and participate fully in their community.
- **Health Care Providers** – Primary care providers, community health centers, and Federally Qualified Health Centers (FQHC) screen, diagnose, and treat people with substance use and mental disorders or work with specialty care providers to help people recover. Specialty treatment providers need to know how health reform will affect the delivery of services. They also need to reevaluate the services they offer and how they collaborate with general health care providers to serve the broader populations needing treatment.²⁴
- **Workforce** – Substance use disorders cost employers more than \$100 billion annually through absenteeism, increased health claims, increased accidents, and lost productivity.²⁵ In addition, the annual economic cost of mental health problems is estimated to be at least \$79 billion, of which \$63 billion is due to lost productivity.²⁶ To combat these issues, employee assistance programs (EAPs), which can range from telephone-based to on-site programs, can be easily implemented. EAPs can benefit companies in many ways, such as improving productivity by more than 50 percent.²⁷ Furthermore, the return on investment in EAP services for mental health problems is about a \$2 to \$4 savings for every dollar invested.²⁸

Recovery Benefits Everyone

The recovery process is different for everyone. SAMHSA supports a recovery-oriented system of care, which recognizes that each person must be the central participant in his or her own recovery. While service types may vary, all services should offer choice, honor each person's potential for growth, focus on a person's strengths, and attend to overall health and well-being.²⁹ For resources that can aid in one's recovery journey and improve overall well-being, refer to the resources available at the end of this document.

Investing in prevention, treatment, and recovery support services benefits everyone by reducing the social and economic burdens that substance use and mental disorders have on society. Specifically, it is possible to decrease the Nation's substance misuse costs, which exceed half a trillion dollars,³⁰ as well as costs related to mental health problems, which amount to approximately \$79 billion, annually.³¹ SAMHSA encourages community leaders, clergy, health care providers, and employers to inform all individuals that in the wake of health reform, coverage for substance use and mental health treatment and recovery support services (if provided) will be equal to the medical and surgical benefits provided for other health conditions. Through access to treatment, complete recovery is possible, ultimately improving one's entire well-being, including mental, physical, spiritual, and emotional health.

Additional Recovery Resources

A variety of resources provide additional information on **Recovery Month**, substance use and mental disorders, and prevention, treatment, and recovery support services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website** (<http://www.samhsa.gov>) – Leads efforts to reduce the impact of substance use and mental disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357)** or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website** (<http://www.samhsa.gov/treatment>) – Contains information about treatment options and special services located in your area.
- **SAMHSA's "Considerations for the Provision of E-Therapy" Report** (<http://store.samhsa.gov/shin/content/SMA09-4450/SMA09-4450.pdf>) – Shares extensive information on the benefits, issues, and success of e-therapy.
- **SAMHSA's ADS Center** (<http://stopstigma.samhsa.gov>) – Provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour hotline available to anyone in a suicidal crisis or emotional distress.
- **Alcoholics Anonymous** and **Narcotics Anonymous** (<http://www.aa.org> and <http://www.na.org>, respectively) – Contains an array of resources for individuals suffering from alcohol or drug dependence, respectively, and allows them to find and join a local chapter.
- **Al-Anon/Alateen** and **Nar-anon** (<http://www.al-anon.alateen.org> and <http://www.nar-anon.org>, respectively) – Provides community and support networks for family members of all ages who have been affected by substance use disorders.
- **Narconon** (<http://www.narconon.org>) – Provides prevention, education, and rehabilitation programs for drug misuse and dependence.
- **SMART Recovery®** (<http://www.smartrecovery.org>) – Offers free, self-empowering, science-based mutual-help groups for all types of addictive behaviors.

As health reform continues to be implemented, use the following resources to learn how to access treatment and recovery support services:

- **HealthCare.gov** (<http://www.healthcare.gov>) – Managed by HHS; provides information to the general public on how the new law affects access to health care.
- **The Kaiser Family Foundation** (<http://www.kff.org/healthreform/upload/8061.pdf>) – Provides a summary of the comprehensive health reform law.
- **The Parity Implementation Coalition's Parity Toolkit** (http://www.facesandvoicesofrecovery.org/pdf/final_parity_toolkit.pdf) – Aids individuals in seeking recovery, and their families, providers, and advocates, in understanding their rights under the MHPAEA law.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the "Recovery Month Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP (4357) or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“ The tools I learned in treatment provided me ways to cope with challenges, be sober, and live life and take pleasure in it. ”

Lorie Hammerstrom
SMART Recovery
Boston, MA

In 2009, 4.3 million people aged 12 or older received treatment for substance use disorders,¹ and 30.2 million adults aged 18 or older received services for mental health problems,² beginning their recovery.

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TREATMENT AND RECOVERY

Finding Personalized Help

Recovery is a life-long process, and people in recovery can experience improved relationships, better mental and physical well-being, and newfound abilities to deal with problems in a healthy manner.¹ Treatment and recovery require hard work, dedication, willingness to change, and a customized treatment plan. In 2009, 4.3 million people aged 12 or older received treatment for substance use disorders² and 30.2 million adults aged 18 or older received services for mental health problems,³ beginning their recovery.

Every year, **National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month)**, is sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services (HHS). The campaign celebrates people who are in recovery from substance use and mental disorders and the work of their treatment and recovery support service providers, as well as encourages people in need of help to seek services. **Recovery Month** aims to spread the message that behavioral health is an essential part of health and one's overall wellness, and that prevention works, treatment is effective, and that people can and do recover. **Recovery Month** supports several of SAMHSA's Strategic Initiatives (which can be found at <http://www.samhsa.gov> by clicking on "About Us") and strives to increase public awareness of substance use and mental disorders, health reform implementation, and recovery support through an individual, program, and system approach.

This year's theme, **"Join the Voices for Recovery: Recovery Benefits Everyone,"** highlights that:

- All American's have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost.
- Public awareness will increase access for those in need of essential substance use and mental health treatment and recovery support services, including behavioral health treatment.
- These legislative changes will improve the overall health and well-being of people in the United States.

The passage of the MHPAEA provides parity, or the recognition by insurance services—both public and private—that substance use and mental disorders are treated comparably to other physical health and medical conditions.⁴

This document will outline effective treatment and recovery options for substance use and mental disorders, the need to address co-occurring disorders, holistic approaches to recovery, and the impact of health reform on access to treatment and recovery services.

Effective Treatment and Recovery Options for Substance Use Disorders

In the United States, more than 11,000 specialized treatment facilities provide rehabilitation, behavioral therapy, counseling, medications, and other types of services.⁵ Other treatment and recovery programs exist outside the specialty sector—including emergency room services, private doctor's offices, self-help groups, prisons, and hospitals—which provide support and guidance for those with substance use or mental disorders.⁶ SAMHSA supports recovery-oriented systems of care, which support the idea that each person must be the central participant in his or her own recovery and that a personal recognition of the need for change and transformation is necessary.⁷ Common treatment settings include:

Inpatient or Residential Treatment Programs

These treatment programs are located in a hospital or residential setting, where people temporarily or permanently live to participate in rehabilitation and recovery.⁸ They include the following:

- **Hospital-based rehabilitation units** – Located in a medical/hospital setting or a specialized chemical dependency facility, these programs usually include medical detoxification and are best suited for people who need intensive monitoring or have developed chronic or acute medical or psychiatric problems along with their addiction.⁹
- **Inpatient programs and therapeutic communities** – Short- or long-term inpatient treatment programs house individuals at a treatment facility while they undergo intensive therapy. This type of treatment is often followed by extended participation in support groups (e.g., ongoing group therapy or individual counseling and 12-step programs).¹⁰

Outpatient Treatment Programs

In these programs, individuals don't live at the treatment facility, but return for treatment services through scheduled visits offered in health or hospital clinics, counselors' offices, local health department offices, community mental health centers, or at inpatient programs that also offer outpatient clinics.¹¹ They may include the following:

- **Individual counseling** – These private one-on-one sessions help people address issues of motivation and build skills to resist substance use through behavioral therapy to modify attitudes and behaviors and improve relationship and life skills.¹²
- **Medication-assisted treatment (MAT)** – These clinically driven treatment programs use medications in combination with counseling and behavioral therapies to provide a whole-patient approach to the treatment of substance use disorders.¹³ For example, buprenorphine, methadone, and naltrexone are FDA-approved medications used in treating both alcohol and opioid dependences.¹⁴
- **Family counseling** – These counseling sessions are led by a professional and usually take place in a private practice or clinic to provide a neutral forum. This approach educates family members about substance use disorders, helps them become aware of their loved one's need for support, and improves family communication.¹⁵
- **Group therapy** – This type of therapy has trained leaders that offer healing to foster recovery from substance use disorders. This approach reduces isolation, enables members to witness the recovery of others, provides positive peer support, helps members cope with their condition, offers useful information to those new to recovery, and instills hope.¹⁶

Recovery Support Services

Recovery support services are nonclinical options that provide help through all stages of recovery. Recovery community groups are nonprofit organizations that provide support services to individuals in recovery, which include job training and employment services, housing assistance, parent/family education, and life skills development.¹⁷ Other recovery support services include:

- **Peer-to-peer support programs** – These programs are provided by leaders in the recovery community who are often in recovery themselves. Such programs can expand the capacity of formal treatment systems by initiating recovery and intervening early if or when relapse does occur.¹⁸
- **Mutual support groups** – These groups offer an open environment for members with similar problems to share experiences and can help participants sustain recovery by building new friendships with people who don't use alcohol or drugs. They include well-known programs such as Alcoholics Anonymous and Narcotics Anonymous (accessed at <http://www.aa.org> and <http://www.na.org>, respectively),¹⁹ and other non-12-step programs such as SMART Recovery® (accessed at <http://www.smartrecovery.org>).
- **Faith-based support groups** – Many people rely upon their spirituality during difficult times, and these support programs are available at many churches, synagogues, mosques, or other places of worship and are usually low-cost or free of charge.²⁰

Online Support

Online support provides individuals the opportunity to receive treatment sessions and attend meetings virtually from any location at any time. Online support includes the following resources:

- **E-therapy services** – These treatment services offer participants electronic counsel through text- and non-text-based communication methods (e.g., email, Internet chats, text, telephone, video conferencing).²¹
- **Recovery chat rooms** – Online venues, such as chat rooms, offer a free-form structure for people to share their stories with fellow members of the recovery community.²²
- **Blogs and social networking sites** – One way to connect with others in treatment and recovery is through blogs and social networking sites such as Facebook and Twitter. Refer to the “Building Your Social Network” document in this toolkit for more information on how to effectively connect through social media and visit the **Recovery Month** Facebook page, YouTube channel, and Twitter account.

Effective Treatment and Recovery Options for Mental Health Problems

There are more than 200 classified forms of mental health problems, and similar to cancer, diabetes, and heart disease, these conditions are often physical as well as emotional and psychological.²³ Mental health problems can be effectively treated with a variety of treatment options. Approximately 70 to 90 percent of individuals experience a significant reduction of symptoms and improved quality of life with a combination of medication, therapy, and other support services.²⁴ Common treatment options include:

Psychotherapy

This method for treating mental health problems is also known as “talk therapy” and involves talking face-to-face with a therapist or other medical professional to help a person understand his or her mental health problem.²⁵ Some types of psychotherapy include:

- **Cognitive Behavioral Therapy (CBT)** – Helps individuals identify distorted thinking patterns, recognize and change inaccurate beliefs, change behaviors, and relate to others in more positive ways.²⁶
- **Psychoanalysis** – Long-term therapy that seeks to identify unconscious motivations and early patterns to resolve issues and to become aware of how those motivations influence present actions and feelings.²⁷
- **Family-Focused Therapy (FFT)** – Designed to include the whole family as way to identify the difficulties and conflicts among family members that may contribute to or worsen an individual’s mental health problem.²⁸
- **Dialectical Behavior Therapy** – Originally developed to help individuals who have suicidal thoughts, reminds the individual when his or her behavior is unhealthy or disruptive, and teaches skills needed to better deal with similar situations in the future.²⁹
- **Interpersonal Therapy** – Works to improve communication patterns and helps people learn to express appropriate emotions in healthy ways and is commonly used to treat depression.³⁰

Medication Therapy

Many treatment options stress the importance of combining prescription medications with therapy and support groups to help create a stable treatment plan and sustain recovery.³¹ Medications are often used to treat the symptoms of mental health problems. They do not cure conditions, but can help people feel better and maintain normal daily routines. Medications work differently for everybody. People should ask their health care professional about the risks, possible side effects, and using the medication with certain foods, alcohol, and other medications.³²

Support Groups

A group-based approach is helpful for many people looking to find support and common ground, with some groups led by peers, while others may be led by a mental health professional. A variety of organizations specialize in different mental health problems (e.g., Alzheimer’s, anxiety, bipolar disorder, autism, depression, eating disorders) and most offer groups for individuals, family members, and friends.³³ For more information on mental health support groups, or for a support group referral, refer to Mental Health America, accessed at <http://mentalhealthamerica.net>, or the National Mental Health Consumers’ Self-Help Clearinghouse, accessed at <http://www.mhselfhelp.org>.

How Health Reform Will Affect Access to Treatment Services

The Affordable Care Act and the MHPAEA include many new provisions aimed at improving coverage for and access to substance use and mental disorder prevention, treatment, and recovery support services. Many of these laws’ provisions will be implemented over the next few years with the large coverage expansion in 2014. Research suggests that expanding people’s access to treatment and recovery support services significantly increases the number of people who actually seek out treatment services.³⁴ SAMHSA’s Health Reform Strategic Initiative (which can be found at <http://www.samhsa.gov/about/strategy.aspx> by clicking on “Health Reform”) emphasizes the increased need for affordable health care coverage, access to appropriate integrated and high-quality care, and works to reduce disparities that currently exist between the availability of behavioral health services and other medical conditions. Refer to the “Fast Facts About Health Reform, Substance Use and Mental Disorders, Treatment, and Recovery” document in the “Resources” section of this toolkit for more information on health reform.

The Importance of Addressing Co-Occurring Disorders

An individual who suffers from both a substance use and a mental health problem, such as anxiety or depression, has a co-occurring disorder.³⁵ People with co-occurring disorders may use alcohol and/or illicit drugs to self-medicate symptoms of depression, anxiety, or other mental health problems, but this can eventually worsen the symptoms they initially tried to relieve.³⁶ Below are some helpful tips to maintain mental and physical health if you have a co-occurring disorder:³⁷

- **Follow your physician's advice** and don't take yourself off medication even if you feel better and think you no longer need treatment or medication.
- **Adopt healthy habits such as regular exercise**, healthy eating, and proper sleeping patterns; these can result in more energy and can help you balance your mood.
- **Learn your triggers and identify coping mechanisms** to recognize the causes and signs of your substance use and mental disorders. This will help you develop a personal action plan if you recognize the onset of symptoms.

The Holistic Approach to Recovery

Effective treatment and recovery addresses a person's overall mental and physical well-being.³⁸ Holistic recovery is a gradual process that aims to achieve a greater balance of mind, body, and spirit in relation to other aspects of one's life, including family, work, and community and should accompany a larger treatment plan.³⁹ Some holistic approaches you can try, which are known to be effective in helping to relieve stress include:

- **Acupuncture** – This practice involves inserting fine needles into specific points on the surface of your body to stimulate healing. Acupuncture is rapidly increasing in popularity and is used in many treatment facilities.⁴⁰
- **Creative arts therapy** – Art therapy, which can help you to express feelings that you cannot easily communicate, can help manage emotions and stress.⁴¹
- **Meditation** – This relaxation technique can help you improve your mental concentration and stability, reduce anxiety and depression, and promote a deep sense of inner peace.⁴²
- **Yoga** – This exercise program uses physical postures and controlled breathing to increase your flexibility, calm your mind, improve concentration, and promote patience.⁴³

Additional Recovery Resources

A variety of resources are available that provide additional information on **Recovery Month**, substance use and mental disorders, and prevention, treatment, and recovery support services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website** (<http://www.samhsa.gov>) – Leads efforts to reduce the impact of substance use and mental disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357)** or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website** (<http://www.samhsa.gov/treatment>) – Contains information about all treatment options and special services located in your area.
- **SAMHSA's ADS Center** (<http://www.stopstigma.samhsa.gov>) – Provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour hotline available to anyone in a suicidal crisis or emotional distress.
- **RecoverForever.com** (<http://www.recoverforever.com>) – Offers live online support and contains an abundance of resources on alcohol and drug treatment services that are searchable by State.

As health reform continues to be implemented, use the following resources to learn how to access treatment and recovery support services:

- **HealthCare.gov** (<http://www.healthcare.gov>) – Managed by HHS; provides information to the general public on how the new law affects access to health care.
- **The Kaiser Family Foundation** (<http://www.kff.org/healthreform/upload/8061.pdf>) – Provides a summary of the comprehensive health reform law.
- **The Parity Implementation Coalition's Parity Toolkit** (http://www.facesandvoicesofrecovery.org/pdf/final_parity_toolkit.pdf) – Aids individuals in seeking recovery, and their families, providers, and advocates, in understanding their rights under the MHPAEA law.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the "Recovery Month Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP (4357) or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“ I shared my story with Congress to promote the effectiveness of treatment, the possibility of recovery, and the need for adequate funding of services. ”

Jo Anne Stone

*A Stepping Stone to Success
Winter Park, FL*

State governments spend more than 13 percent of their budgets on problems related to alcohol and/or drug use. Less than 4 percent of this funding is spent on prevention and treatment, while more than 96 percent pays for the social, health, and criminal costs related to substance use disorders.

SOURCE: *Blueprint for the States: Policies to Improve the Ways States Organize and Deliver Alcohol and Drug Prevention and Treatment.*
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POLICYMAKERS

Guide for Addressing Substance Use and Mental Disorders

Substance use disorders—which include misuse, dependence, or addiction to alcohol and/or legal or illegal drugs—and mental health problems—which include depression, anxiety disorder, mood disorder, post-traumatic stress disorder, and suicide—are a major public health concern in the United States, but prevention and treatment services are available and effective. In 2010, Congress passed and President Obama signed the Affordable Care Act, expanding health care coverage to approximately 32 million Americans who weren't previously insured.¹ This legislation, along with the Mental Health Parity and Addictions Equity Act (MHPAEA), includes many provisions that aim to improve coverage for and access to prevention, treatment, and recovery services for substance use or mental disorders.

Local, State, and Federal governments are the primary funders for treatment and recovery support services, and therefore are critical in conveying that recovery from substance use and mental disorders is possible and benefits the entire community socially and economically.

Every year, the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT) within the United States Department of Health and Human Services (HHS) sponsors **National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month)**. The campaign raises awareness that behavioral health is an essential part of health and one's overall wellness, and that substance use and mental disorders are treatable and people can and do recover. **Recovery Month** supports several of SAMHSA's Strategic Initiatives (which can be found at <http://www.samhsa.gov> by clicking on "About Us"), particularly the goals of increasing public awareness of substance use and mental disorders, health reform implementation, and offering recovery support through an individual, program, and system approach. This year's theme, **"Join the Voices for Recovery: Recovery Benefits Everyone,"** emphasizes that:

- All Americans have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost.
- Public awareness will increase access for those in need of essential substance use and mental health treatment and recovery support services, including behavioral health treatment.
- These legislative changes will improve the overall health and well-being of people in the United States.

The passage of the MHPAEA provides parity, or the recognition by insurance services—both public and private—that substance use and mental disorders are treated comparably to other physical health and medical conditions.²

This document will help policymakers understand their communities increased access to treatment and recovery services because of health reform and parity, as well as the prevalence of substance use and mental disorders and how treatment and recovery services offer returns on investment, including benefitting the overall health, productivity, and financial standing of a community; and provides suggestions for addressing substance use and mental disorders in their jurisdictions.

Expanding Access to Treatment and Recovery Services

The Affordable Care Act, along with the MHPAEA, aims to improve coverage and access to prevention and essential services for substance use or mental disorders. When the Affordable Care Act is fully implemented, State Health Insurance Exchanges will provide individuals and small businesses with an “one-stop-shop” to find and compare health insurance options.³ SAMHSA’s Health Reform Strategic Initiative (which can be found at <http://www.samhsa.gov/about/strategy.aspx> by clicking on “Health Reform”) promotes the increased need for affordable health care coverage, access to appropriate high-quality and integrated care, a reduction in disparities that exist between the availability of services for substance use and mental disorders and other medical conditions. Information about prevention, treatment, and recovery services for substance use and mental disorders, as well as referral to these services, is available by calling **1-800-662-HELP (4357)** or 1-800-487-4889 (TDD), as well as visiting <http://www.samhsa.gov/treatment>. For further information on how the health reform law affects access to health care, visit the Federal website, <http://www.HealthCare.gov>.

Prevalence of Substance Use and Mental Disorders in the United States

Substance use and mental disorders affect millions of people nationwide—including members of the United States Congress, mayors, and council members. In the United States in 2009, among adults aged 18 or older, 20.8 million people were classified with a substance use disorder,⁴ 45.1 million people were classified with a mental health problem,⁵ and 8.9 million people had co-occurring substance use and mental disorders.⁶ Each year, approximately 40 million destructive illnesses or injuries occur among Americans as the result of their substance use disorder.⁷

According to the National Institute of Mental Health, approximately one in four adults, or 26.2 percent of all Americans aged 18 and older, suffer from a diagnosable mental health problem in a given year.⁸ Fortunately, with a combination of medication, therapy, and other support services, between 70 and 90 percent of individuals with a mental health problem have significantly reduced their symptoms and improved the quality of their lives.⁹

Policymakers, along with family and social service workers, are instrumental in solving this immense problem and improving the lives of those in their communities. It is important that they represent all individuals in their community and raise awareness of the benefits of supporting treatment and recovery services.

The Value of Investing in Treatment—How Recovery Benefits Everyone

Substance use and mental disorders can be effectively treated, just like many other illnesses that affect one’s physical and mental health.¹⁰ Investing in treatment is both necessary and valuable. According to several conservative estimates, every \$1 invested in substance use treatment programs yields a return of between \$4 and \$7 in reduced drug-related crime, criminal justice costs, and theft. When savings related to health care are included, total savings can exceed costs by a ratio of 12 to 1.¹¹ Similarly, treatment for mental health problems works. Research has shown that after three weeks of treatment at a mental health outpatient program, the work impairment of employees living with mental health problems was cut nearly in half, from 31 percent to 18 percent.¹² Increasing access to substance use and mental disorders treatment and recovery support can successfully help:

- Cut medical costs;¹³
- Improve productivity;¹⁴
- Reduce child abuse and foster care rates;¹⁵ and
- Decrease homelessness.¹⁶

Treatment is associated with major reductions in substance use, reductions in costs to society, and improved patient recovery.¹⁷ In 2009, 4.3 million people aged 12 or older received treatment for substance use disorders,¹⁸ and 30.2 million adults aged 18 or older received services for mental health problems,¹⁹ beginning their quest to live a more productive and healthy life.

How to Help Your Community

As the primary allocators of funding for prevention and treatment services for substance use and mental disorders, policymakers have the potential and obligation to help their communities. State governments spend more than 13 percent of their budgets on problems related to alcohol and/or drug use. Less than 4 percent of this funding is spent on prevention and treatment, while more than 96 percent pays for the social, health, and criminal costs related to substance use disorders.²⁰ According to the National Association of State Mental Health Program Directors, 2010 spending for mental health services fell nearly 5 percent compared with 2009.²¹

Policymakers and all elected officials need to provide leadership and develop a strategy to prevent and address substance use and mental disorders.²² As an elected official or policymaker you can help by taking the following steps:

- **Implement treatment interventions in the criminal justice system.** Research shows that drug courts that require participation in substance use or mental health treatment are effective in reducing societal costs and rates of substance use and mental disorders.²³
- **Inform your constituents on health reform** and its effect on access to prevention, treatment, and recovery support services in your community.
- **Issue a proclamation** to raise awareness of substance use and mental disorders in your community or State. The proclamation can highlight significant issues that affect your constituents, including how health reform and the MHPAEA affects treatment and recovery support services. Refer to the “Official Recovery Month Proclamation” document in this toolkit for a sample proclamation that you can customize.
- **Attend a Recovery Month event** to show your solidarity and support for the cause.
- **Plan a public policy forum** or roundtable to raise awareness of substance use and mental disorders and the negative impact they have on communities throughout the United States.
- **Work collaboratively with other national, State, and local leaders** to educate your community on how prevention and treatment can be beneficial through implementing substance use or mental health advisory State boards.

To support one of SAMHSA's Strategic Initiatives (which can be found at <http://www.samhsa.gov> by clicking on “About Us”) it is essential to speak out to the public so that all people are aware of the prevention, treatment, and recovery services available to them and the benefits of accessing these services. Through your work, SAMHSA hopes that individuals will seek assistance for substance use and mental disorders with the same urgency as they would with any other health condition.

Additional Recovery Resources

A variety of resources provide additional information on **Recovery Month**, substance use and mental disorders, and prevention, treatment, and recovery services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website** (<http://www.samhsa.gov>) – Leads efforts to reduce the impact of substance use and mental disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357)** or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website** (<http://www.samhsa.gov/treatment>) – Contains information about all treatment options and special services located in your area.
- **Single-State Agency Directory** – Included in the **Recovery Month** toolkit and lists State agencies that plan, implement, and evaluate substance use and mental disorders prevention, treatment, and recovery services.
- **SAMHSA's ADS Center** (<http://www.stopstigma.samhsa.gov>) – Provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour hotline available to anyone in a suicidal crisis or emotional distress.

As health reform continues to be implemented, use the following resources to learn how to access treatment and recovery support services:

- **HealthCare.gov** (<http://www.healthcare.gov>) – Managed by HHS; provides information to the general public on how the new law affects access to health care.
- **The Kaiser Family Foundation** (<http://www.kff.org/healthreform/upload/8061.pdf>) – Provides a summary of the comprehensive health reform law.
- **The Parity Implementation Coalition's Parity Toolkit** (http://www.facesandvoicesofrecovery.org/pdf/final_parity_toolkit.pdf) – Aids individuals in seeking recovery, and their families, providers, and advocates, in understanding their rights under the MHPAEA law.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the "Recovery Month Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP (4357) or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“ I’ve learned that substance use and other problems may have run in my family for generations, but this doesn’t have to define my life. ”

Anna Sappah

*Alaska Addiction Professionals Association
Anchorage, AK*

Research shows that less than half of all children of people with alcohol dependence develop the disease.

SOURCE: *A Family History of Alcoholism: Are You at Risk?* National Institutes of Health/National Institute on Alcohol Abuse and Alcoholism website: <http://pubs.niaaa.nih.gov/publications/FamilyHistory/Family%20History.pdf>, p.2.

SUBSTANCE USE AND MENTAL DISORDERS AFFECT ALL INDIVIDUALS

There is a great need to help people who suffer from substance use and mental disorders gain access to treatment and recovery support services. Fortunately, through health reform, this vision is about to become a reality for many. The implementation of the Affordable Care Act, along with the Mental Health Parity and Addictions Equity Act (MHPAEA), provides a new opportunity to inform people about expanded access to treatment and recovery services. Individuals with a substance use or mental disorder who seek treatment and recovery support services can live healthy, productive, and meaningful lives in recovery.

This September, **National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month)**, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT) within the U.S. Department of Health and Human Services (HHS), emphasizes that behavioral health is an essential component of health and one's overall wellness, and that prevention works, treatment is effective, and recovery is possible from substance use and mental disorders. **Recovery Month** shares that all individuals have the fundamental and inherent value to be accepted and treated with respect, dignity, and worth.

This year's theme, **"Join the Voices for Recovery: Recovery Benefits Everyone,"** emphasizes that:

- All Americans have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost.
- Public awareness will increase access for those in need of essential substance use and mental health treatment and recovery support services, including behavioral health treatment.
- These legislative changes will improve the overall health and well-being of people in the United States.

The passage of the MHPAEA provides parity, or the recognition by insurance services—both public and private—that substance use and mental disorders are treated comparably to other physical health and medical conditions.¹

This document will discuss how to recognize the symptoms of these conditions in all ages, tips on helping friends or family members in need, how to access treatment and recovery support services, and strategies to sustain recovery and empower others to seek recovery. In addition, this document will provide resources on **Recovery Month** and information on how health reform will affect treatment and recovery support services.

All Ages are Affected by Substance Use Disorders

Although substance use disorders are prevalent in our communities, treatment is effective, and people can and do recover. In 2009, 4.3 million people aged 12 or older in the United States received treatment for a substance use disorder.² In fact, recovery from a substance use disorder is so common that half of all adults over age 18 know someone in recovery.³ Therefore, all people should learn the signs and symptoms of substance use disorders and how to access prevention and treatment services if needed. Below are symptoms that may accompany a substance use disorder by age group. Similar information for mental health problems can be found later in this document.

Adolescents⁴

- Associating with a new set of friends
- Sudden decline in school performance
- Reduced interest in previous hobbies
- Alcoholic beverages missing from the house

Teens often use alcohol and/or drugs due to social pressures, therefore, their treatment should address both the physical dependence and overall self-worth.⁵ Outpatient, multidimensional family therapy was created for adolescents with alcohol and/or drug problems and addresses issues that may have caused them to use substances. This treatment approach strives to improve overall family functioning.⁶

Young Adults

- Frequent need of medication refill⁷
- Increased tolerance for alcohol⁸
- Legal trouble⁹
- Increased promiscuity¹⁰

Many treatment approaches for young adults exist, but e-therapy, an online approach to counseling, provides an accessible mode of treatment that specifically targets this age group due to their increased experience with technology and social networking.¹¹ In The Rooms (<http://www.intherooms.com>), which offers online support meetings, and Recovery Chat (<http://meetings.recoverychat.com>), a less-structured online venue that allows users to chat with others in every stage of recovery, are effective online treatment and recovery support services.

Middle-Aged Adults¹²

- Anxious or paranoid demeanor
- Deterioration of physical appearance
- Frequent fighting
- Unexplained financial problems

Businesses often offer employee assistance programs (EAPs) that provide access for middle-aged adults to receive substance use disorder treatment while maintaining their career. Some EAP resources include confidential counseling, treatment referrals, and employee education.¹³ Some programs also offer follow-up services that provide assistance to employees who return to work after receiving treatment.¹⁴ Refer to the “Addressing Substance Use and Mental Disorders in the Workplace” document in this toolkit for more information on EAPs.

Older Adults¹⁵

- Anxiousness or irritability
- Increased memory loss
- Being out of touch with loved ones
- Unusual responses to medication

Older adults may find the prospect of treatment difficult, and it is important that they receive treatment services in a way that they feel comfortable.¹⁶ For example, age-specific group treatment may work best for older adults, so they can connect with people their age and find social support.¹⁷

All Ages are Affected by Mental Health Problems

Like substance use disorders, mental health problems are highly treatable, and recovery or management of the condition is possible. Mental health problems affect approximately 1 in 4 adults, or about 57.7 million Americans in a given year.¹⁸ An individual's mental health refers to how the person thinks, feels, and acts, which includes our cognitive and/or emotional well-being. The most common mental health problems include various anxiety disorders and mood disorders.¹⁹ Mental health problems affect people of all ages, races, genders, workplaces, geographies, and socioeconomic levels. Therefore, everyone should learn the signs and symptoms of mental health problems and how to access treatment and prevention services.

Children²⁰

- Changes in school performance
- Poor grades despite strong efforts
- Excessive anxiety in daily activities or persistent nightmares
- Hyperactivity and/or persistent lack of behavioral control

Adolescents²¹

- Inability to cope with problems and daily activities
- Changes in sleeping and/or eating habits
- Defiance of authority and/or substance use
- Prolonged negative mood

Fortunately, research on mental health problems among children and adolescents is constantly evolving, and effective therapies are known for treating many of these conditions.²² It's important to take action and get mental health screenings by a medical professional or community mental health center. Mental health is crucial to the health and well-being of all children. Losing critical developmental years in a child's life can be avoided by identifying a mental health problem early.²³

Adults²⁴

- Dramatic changes in mood and/or behavioral habits
- Excessive fears, anxieties, or anger
- Suicidal thoughts
- Denial of obvious problems
- Numerous unexplained physical ailments
- Excessive absenteeism in the workplace

Many people suffer from more than one mental health problem at a given time, with 45 percent meeting the criteria for two or more disorders.²⁵ Screening for mental health problems is critical to properly diagnose and treat individuals. A wide range of options is available to treat mental health problems. It is important to speak to a health care professional to determine the right recovery plan.²⁶ Refer to the "Treatment and Recovery: Finding Specialized Help" document in this toolkit for more information.

Substance Use and Mental Disorders in Families

If someone in your family has a history of alcohol and/or drug dependence or mental health problems, it doesn't necessarily mean that you will develop any of these conditions. Research shows that less than half of all children of people with alcohol dependence develop the disease.²⁷ You can help reduce you or your family's risk by:

- Avoiding situations and people that encourage drinking and/or drug use;²⁸
- Developing a strong relationship with your children if you're a parent;²⁹
- Keeping a well-balanced life;³⁰
- Seeking help for mental health problems;³¹ and
- Effectively dealing with peer pressure.³²

You can encourage people in your family to get help if they develop a substance use and/or mental disorder. Talk with your loved ones, and let them know that substance use and mental disorders are treatable and people do recover. Conditions can be managed with the support and services provided in recovery-oriented, person-centered care. Reinforce that you are concerned about them, you are there to listen, and you want to help them recover.³³

Access to Treatment and Recovery and Mental Health Support

With the passage of health reform, people may see fewer financial barriers to treatment, better integrated care and more prevention and wellness programs. For instance, under the MHPAEA, when employers cover treatment for substance use and mental disorders, these benefits must be covered equally to any other medical or surgical benefits. Co-payments and deductibles for a visit can't be larger and there can't be greater limits in behavioral health inpatient days than for medical and surgical inpatient days.³⁴ Included in the Affordable Care Act, effective immediately, employer health plans must cover prevention services with no co-payments³⁵ and allow, in most cases, young adult dependents to stay on their parents' insurance plan until they are 26 years old.³⁶ To support SAMHSA's Public Awareness and Support Strategic Initiative (which can be found at <http://www.samhsa.gov> by clicking on "About Us") you can encourage loved ones to seek assistance for a substance use and/or mental disorder with the same urgency as any other health condition.

The Recovery Process

In 2009, more than 20.8 million adults aged 18 or older in the United States suffered from a substance use disorder—people of all ages, races, genders, workplace, geographies, and socioeconomic levels.³⁷ Additionally, 8.9 million adults suffered from both a substance use disorder and a mental health problem, also known as a co-occurring disorder.³⁸ Given this prevalence, it's important to address this public health issue and help people who suffer from substance use or mental disorders seek recovery to manage their condition. Fewer than 20 percent of people in the United States would think less of a friend or relative who is in recovery.³⁹ If you are in recovery, the following tips and strategies can help you sustain it.

- **Avoid tempting situations** that remind you of the times when you misused substances or that cause sadness or anxiety.⁴⁰
- **Express your feelings** to connect with others to develop stronger relationships.⁴¹
- **Find constructive ways to spend your free time** by becoming involved in hobbies and extracurricular activities that benefit your health, well-being, and quality of life.^{42, 43}
- **If you experience a relapse of alcohol and/or drug use**, contact one of your support peers and learn from your choices to help you in the future.⁴⁴

Contribute to *Recovery Month's* Mission to Help Others

Individuals who are already on the path of recovery can help others achieve recovery to live a healthy, productive, and meaningful life. Peer-to-peer support programs are designed and provided by leaders in the recovery community who are often in recovery themselves. Peer leaders build strong and mutually supportive relationships and can expand the capacity of formal treatment systems by initiating recovery, reducing relapse, and intervening early when relapse does occur.⁴⁵ Express your support for **Recovery Month** by becoming a peer leader, giving speeches at schools or retirement homes, volunteering at an event, submitting an op-ed to your local paper, or promoting **Recovery Month** networking sites, including Facebook, Twitter, and YouTube.

Additional Recovery Resources

A variety of resources provide additional information on **Recovery Month**, substance use and mental disorders, and prevention, treatment, and recovery support services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website** (<http://www.samhsa.gov>) – Leads efforts to reduce the impact of substance use and mental disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357)** or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website** (<http://www.samhsa.gov/treatment>) – Contains information about all treatment options and special services located in your area.
- **SAMHSA's ADS Center** (<http://www.stopstigma.samhsa.gov>) – Provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour hotline available to anyone in a suicidal crisis or emotional distress.
- **Alcoholics Anonymous** and **Narcotics Anonymous** (<http://www.aa.org> and <http://www.na.org>, respectively) – Contains an array of resources for individuals suffering from alcohol or drug dependence, respectively, and allows them to find and join a local chapter.
- **Al-Anon/Alateen Family Groups** (<http://www.al-anon.alateen.org>) – Provides support groups for families and friends of people with alcohol problems.
- **Nar-Anon** (http://www.nar-anon.org/Nar-Anon/Nar-Anon_Home.html) – Offers a community for family members to share experiences related to substance use disorders.
- **Narconon** (<http://www.narconon.org>) – Provides prevention, education, and rehabilitation programs for drug misuse and dependence.
- **SMART Recovery®** (<http://www.smartrecovery.org>) – Offers free, self-empowering, science-based mutual help groups for all types of addictive behaviors.

As health reform continues to be implemented, use the following resources to learn how to access treatment and recovery-oriented services:

- **HealthCare.gov** (<http://www.healthcare.gov>) – Managed by HHS; provides information to the general public on how the new law affects access to health care.
- **The Kaiser Family Foundation** (<http://www.kff.org/healthreform/upload/8061.pdf>) – Provides a summary of the comprehensive health reform law.
- **The Parity Implementation Coalition’s Parity Toolkit** (http://www.facesandvoicesofrecovery.org/pdf/final_parity_toolkit.pdf) – Aids individuals in seeking recovery, and their families, providers, and advocates in understanding their rights and benefits under the MHPAEA law.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the “*Recovery Month Kit*,” and click on the “*Targeted Outreach*” link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP (4357) or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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National
Recovery Month

Prevention Works • Treatment is Effective • People Recover

SEPTEMBER 2011

“ My depression led me to the hospital, and instead of just giving me medicine, an astute nurse recognized my problem and sent me straight to a 14-day treatment program. ”

Tracey Lee

*Unity Hall/Solano County Health and Social Services
Fairfield, CA*

Research has shown that less than one-third of primary care providers routinely screen their adolescent patients for mental health problems. Health care providers should consider both alcohol or drug misuse and mental health problems when assessing a patient's illness and during routine check-ups.

SOURCE: Ozer EM, Zahnd EG, Adams SH, et al. *Are Adolescents Being Screened for Emotional Distress in Primary Care.* J Adolesc Health. 2009, 44:520-527.

HEALTH CARE PROVIDERS

Health Care Providers' Role in Addressing Substance Use and Mental Disorders

Over the past decade, vast improvements have been made in the way society and health care providers view substance use and mental disorders. These are chronic yet treatable conditions, and people do recover from even the most serious conditions.¹ Because they are treatable, individuals across the United States should seek assistance for substance use and mental disorders with the same urgency as other health conditions. A variety of medical and non-medical treatment options exist.²

Health care providers, who have the most frequent contact with patients and provide the majority of care, must increase their knowledge of substance use and mental disorders to screen, provide intervention, and referrals to treatment and recovery services for these prevalent public health conditions.

Each September, **National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month)**, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services (HHS) educates the public that behavioral health is essential to health and one's overall wellness, prevention works, treatment is effective, and people can and do recover from substance use and mental disorders. **Recovery Month** stresses that all individuals have the fundamental and inherent value to be accepted and treated with respect, dignity, and worth. This year's theme, **"Join the Voices for Recovery: Recovery Benefits Everyone,"** emphasizes that:

- All Americans have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost.
- Public awareness will increase access for those in need of essential substance use and mental health treatment and recovery support services, including behavioral health treatment.
- These legislative changes will improve the overall health and well-being of people in the United States.

The passage of the MHPAEA provides parity, or the recognition by insurance services—both public and private—that substance use and mental disorders are treated comparably to other physical health and medical conditions.³

Health care providers are on the front lines in assessing, diagnosing, and treating people with substance use and mental disorders. Because providers are often the first contact for a person with an undiagnosed health concern and are responsible for continuing care for a variety of medical conditions, they have the ability to help their patients through careful assessment, intervention, and referral to treatment and recovery services.

This document will outline tips to help patients, how health reform affects providers, how to effectively assess and refer patients with a substance use disorder or mental health problem to treatment services and recovery support, and how all health care providers can make a difference during **Recovery Month** and throughout the year.

Helping Patients Overcome Substance Use and Mental Disorders

Health care providers can educate their patients about the realities of diseases such as substance use and mental disorders and assist their patients in accessing effective and individualized treatment. For both substance use and mental disorders, diagnosis begins with the provider asking questions about the patient's symptoms and medical history, since there is no laboratory test to specifically identify these problems.⁴ To provide the most appropriate and highest quality of care, providers can:

- **Become more comfortable discussing substance use and mental disorders** – Often, health care providers don't discuss alcohol and/or drug misuse with their patients, due to their own misconceptions or because they feel unprepared to diagnose a substance use disorder.⁵ In fact, research has shown that less than one-third of primary care providers routinely screen their adolescent patients for mental health problems.⁶ Consider both alcohol or drug misuse and mental health problems when assessing a patient's illness and during routine check-ups. It's important to always be supportive of patients who have a substance use or mental disorder or are in recovery.
- **Have positive attitudes about recovery** – Giving positive guidance to people with substance use and mental disorders can specifically impact their confidence and future aspirations.⁷ Having a positive outlook about their condition and remaining empathetic, respectful, and nonjudgmental is more likely to make patients feel empowered to seek help and strive to improve their well-being.⁸
- **Seek adequate training** – Many health care providers may not specialize in assessing substance use and mental disorders or be trained on where to refer patients for treatment and recovery support services.⁹ By educating themselves about these relevant topics, providers can effectively screen patients and increase access to treatment and recovery services.
- **Overcome patient resistance** – Approximately 85 percent of patients admit to lying to their physicians about substance use.¹⁰ Continue trying to connect with patients on a personal level, and with time and support, individuals may be ready to trust their provider and seek help.
- **Spread the message that treatment is effective and recovery is possible** – One of SAMHSA's Strategic Initiatives (which can be found at <http://www.samhsa.gov> by clicking on "About Us") focuses on increasing public awareness of substance use and mental disorders. Research shows that individuals with substance use and mental disorders can achieve long-term recovery through a variety of settings and methods.¹¹ Providers can communicate that, as with other chronic medical illnesses, disease management is essential to recovery.¹²
- **Learn more about insurance reimbursements** – Many physicians are concerned that they won't be reimbursed for the time required to screen and treat a patient with a substance use or mental disorder, and admit that this keeps them from beginning the discussion.^{13,14} However, screening and referral services for these conditions are reimbursed by Medicare, Medicaid, and many private insurance options.

By taking the time to educate patients who suffer from substance use and mental disorders on how to change their daily habits, health care providers have the opportunity to empower their patients to live healthy, productive lives, free of alcohol and/or drugs.

Effectively Assessing and Referring Patients with Substance Use Disorders to Treatment Services

Because prevention works and treatment is effective, all health care providers and facilities must commit to prevention and early intervention. Any individual at risk of developing a substance use disorder can be diagnosed through primary care screenings,¹⁵ which quickly assess the severity of one's substance use disorder and identify the appropriate level of treatment necessary.¹⁶ Health care providers should keep in mind while screening and relay to their patients that there is scientific evidence indicating that if adults choose to drink, they should do so in moderation, which is up to 1 drink per day for a woman and up to 2 drinks per day for men.¹⁷

Additionally, brief interventions, consisting of either a single or multiple sessions, aim to motivate a patient to change his or her behavior.¹⁸ An equally important component of screening and brief interventions is referral to treatment and care. Providers should take into account an individual's personal needs as well as the severity of the person's substance use disorder when referring patients to treatment programs.

Effectively Assessing and Referring Patients with Mental Health Problems to Treatment Services

As with substance use disorders, mental health problems do not discriminate. Approximately one in four adults in the United States suffers from a diagnosable mental health problem.¹⁹ Despite the commonality of mental health problems, some conditions—such as depression—often aren't diagnosed, with an estimated 75 percent of those who suffer from depression not receiving a diagnosis.²⁰ It is important that health care providers are trained to recognize, assess, and refer individuals in need to effective treatment and recovery support services.

Screening

Each mental health problem has its own characteristics and symptoms. However, there are general warning signs—including excessive anxieties, thinking and talking about suicide, strange and grandiose ideas, or marked personality change—that might alert providers that a patient needs specialty help. Providers should ask their patients if they have a history of trauma or abuse, or if they have experienced any of these signs.²¹

Once the health care provider identifies a patient's symptoms and conducts a physical exam, most experts use the *Diagnostic and Statistical Manual of Mental Disorder (DSM)* to aid in diagnosing a specific mental health problem. The book, which is compiled by the American Psychiatric Association, classifies and describes more than 300 types of conditions, ranging from anorexia to schizophrenia.²² If providers are not familiar with using the DSM book or free online screeners, such as The Patient Health Questionnaire (PHQ) (<http://www.phqscreeners.com>),²³ patients should be referred to a psychiatrist, psychologist, other licensed health professional, or to a peer specialist in the field of recovery who is specifically trained to diagnose and treat mental health problems.²⁴

Referral

When referring a patient to medical treatment or therapy, providers should relay that mental health problems are common, that treatment is effective, and that with help, people can and do recover from these conditions. As with substance use disorders, no universal approach exists for treating mental health problems.²⁵ For more information on mental health problem treatment services, visit the “Treatment and Recovery: Finding Specialized Help” document in this toolkit. Additionally, use the tools and resources at the end of this document, such as **SAMHSA’s National Helpline** at **1-800-662-HELP (4357)**, **SAMHSA’s Treatment Locator** (<http://www.samhsa.gov/treatment>), or Mental Health America (<http://www.mentalhealthamerica.net>).

What Health Reform Means for Health Care Providers and Their Patients

In 2009, nearly 20.9 million people aged 12 or older needed treatment for substance use disorders but didn’t receive it at a specialty substance use facility,²⁶ and 6.1 million adults aged 18 or older who reported an unmet need for mental health care didn’t receive services.²⁷ While a variety of reasons exist, the **2009 National Survey on Drug Use and Health** shows that when examining combined data from 2006 through 2009, almost 37 percent of people who needed treatment for a substance use disorder, and made an effort to get treatment, didn’t receive it because they did not have health coverage or could not afford the cost.²⁸ In addition, in 2009, 42.5 percent of 6.1 million adults needed mental health services, but didn’t receive them because they reported that they couldn’t afford mental health care.²⁹ Through the passage of the Affordable Care Act, along with the MHPAEA, health insurance coverage will expand over the next several years to millions who were not previously insured, including those in need of substance use and mental disorder treatment.³⁰

Changes that may impact health care providers and their patients include:

- **Increased access to primary care providers** – The Affordable Care Act has a number of provisions for improving primary care with a comprehensive strategy to strengthen and grow the primary care workforce. Over \$30 billion will be invested into Federally Qualified Health Centers from 2011 to 2015, which will expand care to millions of Americans, increasing access to treatment and recovery services for many in need.³¹
- **Protection for health care consumers** – Through the Affordable Care Act, Americans will be protected against the worst abuses of some health insurance companies. For example, the provisions will protect Americans by prohibiting denying coverage of children based on pre-existing medical conditions. Additionally, the law will eliminate lifetime limits on coverage.³²

Many of these laws’ provisions will be implemented in the next couple of years and because each health insurance plan will differ depending on the provider and plan options, it’s important for patients to understand their plan to best use their benefits. SAMHSA’s Health Reform Strategic Initiative (which can be found at <http://www.samhsa.gov/about/strategy.aspx> by clicking on “Health Reform”) supports and promotes the increased need for affordable health care coverage and access to appropriate high-quality care. It also works to reduce disparities that currently exist between behavioral health services and medical or surgical benefits. Refer to the “Fast Facts About Health Reform, Substance Use and Mental Disorders, Treatment, and Recovery” document in the “Resources” section of this toolkit for more information on health reform.

Making a Difference During *Recovery Month* and Throughout the Year

This September and throughout the year, SAMHSA encourages all health care providers to become involved in ***Recovery Month***. To make a difference in someone's life:

- **Offer free screenings and seminars** to underserved communities. Research guest speaking opportunities at local schools and community groups to showcase the positive effects of recovery on one's overall health and well-being.
- **Share your story** if you are a health care provider in recovery from a substance use disorder or are managing a mental health problem. Encourage others and let them know they are not alone. Help them learn about treatment and recovery options.
- **Attend trainings or continuing education courses to increase your understanding of appropriate treatment and recovery services.** Learn how to effectively screen, assess, intervene, and refer individuals in need of treatment services.

Additional Recovery Resources

A variety of resources provide additional information on ***Recovery Month***, substance use and mental disorders, and prevention, treatment, and recovery support services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website** (<http://www.samhsa.gov>) – Leads efforts to reduce the impact of substance use and mental disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357)** or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website** (<http://www.samhsa.gov/treatment>) – Contains information about all treatment options and special services located in your area.
- **SAMHSA's ADS Center** (<http://www.stopstigma.samhsa.gov>) – Provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour hotline available to anyone in suicidal crisis or emotional distress.

As health reform continues to be implemented, use the following resources to learn how to access treatment and recovery support services:

- **HealthCare.gov** (<http://www.healthcare.gov>) – Managed by HHS; provides information to the general public on how the new law affects their access to health care.
- **The Kaiser Family Foundation** (<http://www.kff.org/healthreform/upload/8061.pdf>) – Provides a summary of the comprehensive health reform law.
- **The Parity Implementation Coalition’s Parity Toolkit** (http://www.facesandvoicesofrecovery.org/pdf/final_parity_toolkit.pdf) – Aids individuals in seeking recovery, and their families, providers, and advocates in understanding their rights under the MHPAEA law.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the “*Recovery Month Kit*,” and click on the “*Targeted Outreach*” link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP (4357) or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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“ I’ve found my niche after starting my own business as a recovery consultant. Life is better today because I can help people sustain recovery, thus giving me strength to continue on my own journey. ”

Don Rothschild

*Peak Paths
Denver, CO*

Of the 20.8 million adults aged 18 or older classified with substance use dependence or abuse, 70 percent are employed full or part time.¹ In addition, depression—the most common mental health problem in the workplace—affects about 1 in 10 employees.²

SOURCES

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² Fogarty, S. *Comorbidity Addressed Effectively via an Integrated Solution*. Compensation & Benefits Review, 2006, 38(5).

WORKPLACE

Addressing Substance Use and Mental Disorders in the Workplace

The majority of people with substance use and mental disorders are employed. In fact, of the 20.8 million adults aged 18 or older classified with substance use dependence or abuse, 70 percent are employed full or part time.¹ In addition, depression, the most common mental health problem in the workplace, affects about 1 in 10 employees.² Increasing access to treatment and recovery support services will improve employee health, lower health care costs, reduce absenteeism, reduce the risk of injury, and ultimately improve job performance and productivity.³

Sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA's) Center for Substance Abuse Treatment (CSAT), within the U.S. Department of Health and Human Services (HHS), **National Recovery Month: Prevention Works, Treatment is Effective, People Recover (Recovery Month)** raises awareness of substance use and mental disorders and stresses that prevention works, treatment is effective, and people can and do recover from these conditions. **Recovery Month** shares that all individuals have the fundamental and inherent value to be accepted and treated with respect, dignity, and worth. This year's theme, **"Join the Voices for Recovery: Recovery Benefits Everyone,"** emphasizes that:

- All Americans have the opportunity to access provisions within the Affordable Care Act and Mental Health Parity and Addictions Equity Act (MHPAEA), aimed to improve physical and emotional health while ensuring people will receive the care they need at a more reasonable cost.
- Public awareness will increase access for those in need of essential substance use and mental health treatment and recovery support services, including behavioral health treatment.
- These legislative changes will improve the overall health and well-being of people in the United States.

The passage of the MHPAEA provides parity, or the recognition by insurance services—both public and private—that substance use and mental disorders are treated comparably to other physical health and medical conditions.⁴

Through its Health Reform Strategic Initiative (which can be found at <http://www.samhsa.gov/about/strategy.aspx> by clicking on "Health Reform") SAMHSA encourages people to understand the major themes of the Affordable Care Act: integration between primary care and behavioral health, accountability, quality home- and community-based services, and availability of wellness and prevention services. **Recovery Month** also supports SAMHSA's Strategic Initiatives by increasing public awareness of substance use and mental disorders and offering recovery support through an individual, program, and system approach.

In addition to educating employees about the positive benefits that health reform will have on their overall health and well-being, all employers can implement effective prevention, wellness, and support programs at their workplace and refer employees in need to assessment and treatment.⁵

This document will outline the importance of prevention and support in the workplace, the prevalence of substance use and mental disorders among employees, and factors in the workplace that contribute to increased substance use and mental disorders. Additionally, it will discuss how health reform helps small and large businesses and ways employers can get involved with **Recovery Month** to address substance use and mental disorders in all work settings.

Education, Awareness, and Support in the Workplace

Employee education, awareness, and support campaign, which educate employees on the overall impact substance use and mental disorders can have on their family and coworkers, are effective in preventing problems both in and out of the workplace.⁶ Through these prevention, treatment, and wellness programs, employers can promote healthy lifestyles and reinforce the following positive messages to their employees:⁷

- Drug-free workplace policies protect the health and safety of all employees, customers, and the public.
- By effectively addressing substance use and mental disorders, employers can see benefits such as improved employee morale, quality of work, employee satisfaction, and decision-making, as well as reduced absenteeism and tardiness.
- Implementing exercise programs and beginning other health-oriented activities can help improve physical and emotional health issues among employees, such as weight problems, high blood pressure, diabetes, depression, or gastric problems and can help reduce stress.

In short, prevention works, treatment is effective, and people do recover from substance use and mental disorders while contributing to their jobs. Visit the Mental Health America website, accessed at <http://www.mentalhealthamerica.net/go/information/get-info/workplace>, for various tips and resources to help identify employees who have a mental health problem and help them access treatment services.

Prevalence of Substance Use and Mental Disorders in the Workplace

Use of substances may occur both on and off the job, equally affecting one's overall health, well-being, and work performance. According to a national survey, in the course of a year, more than 2 million people used illicit drugs during work hours, and approximately 7 percent of Americans used alcohol during the workday.⁸ Specific occupations—including construction workers, sales personnel, restaurant workers, and transportation workers—have the highest rates of reported substance use. Additionally, mental health problems—especially depression—are extremely common,⁹ affecting approximately 1 in 10 employees.¹⁰ It's estimated that 72 percent of people in the workforce who have depression are not properly diagnosed, causing over \$63 billion lost annually due to decreased productivity.¹¹ Prevention, awareness, and support campaigns in and out of the workplace are essential to combat these treatable, yet common, public health problems.

Contributing Factors to Substance Use and Mental Disorders in the Workplace

Occupational, personal, and social factors play a role in increased substance use and mental disorders in and outside the workplace. For example, job responsibilities that have low satisfaction or inconsistent supervision may contribute to increased substance use and mental disorders.¹² Additionally, personal stressors, such as an illness, trauma, or marital strain,¹³ as well as economic worries, are common troubles that also can contribute to a substance use or mental disorder.¹⁴

The following signs may be present in employees who are dealing with these issues:¹⁵

- Increased work absences and on-the-job accidents;
- Inconsistent work quality or work not up to its usual standards; and
- Extended lunch breaks, late arrivals, or early departures.

Employers should support **Recovery Month's** efforts by encouraging employees and company leaders to brainstorm and apply positive ways to help prevent substance use and mental disorders within the workplace, and refer colleagues to treatment and recovery support resources if needed.

Health Reform Substantially Affects the Workplace

Based on combined data from 2006 through 2009, almost 37 percent of people aged 12 or older who needed substance use treatment, felt a need for treatment, and made an effort to receive treatment, didn't receive it because they didn't have health coverage or couldn't afford the cost.¹⁶ Additionally, more than 42.5 percent of the 6.1 million adults aged 18 or older who reported an unmet need for mental health care, but didn't receive services, cited the inability to afford care as a barrier to treatment.¹⁷ However, with the passage of the Affordable Care Act in 2010, coverage will expand to approximately 32 million Americans who were not previously insured.¹⁸

The Affordable Care Act includes many provisions aimed at improving prevention coverage and access to essential substance use and mental health treatment and recovery support services, including behavioral health treatment. Small and large employers should keep several things in mind as the legislation is implemented. For instance, as of 2010, a small business may qualify for a tax credit of up to 35 percent to offset the cost of providing health insurance to employees. This applies to companies that have up to 25 employees, pay average annual wages below \$50,000, and provide health insurance.¹⁹ For large employers that have more than 50 employees, the health plan that was in effect on March 23, 2010, when the Affordable Care Act was passed is exempt from certain provisions in the Affordable Care Act if no major changes are made to coverage.²⁰ For more information on how health reform will affect employers, visit <http://www.HealthCare.gov>. Additionally, refer to the "Fast Facts About Health Reform, Substance Use and Mental Disorders, Treatment, and Recovery" document in this toolkit for more information on health reform and the positive effects it, along with the MHPAEA, will have on access to treatment and recovery support services.

Addressing Substance Use and Mental Disorders in Your Workplace

This September and throughout the year, SAMHSA encourages all employers and workers to become involved in **Recovery Month** and work to improve the overall health and well-being of people in all workplace settings. Specifically, as an employer, you can:

- Write a comprehensive alcohol- and drug-free policy;
- Train supervisors to detect signs of substance use and mental disorders and educate your employees about how they can impact the workplace;
- Provide an employee assistance program (EAP);
- Start a drug testing program;
- Encourage work-life balance;
- Sponsor a **Recovery Month** event; and
- Offer free space to your employees to hold support group meetings.

Additional Recovery Resources

A variety of resources provide additional information on **Recovery Month**, substance use and mental disorders, and prevention, treatment, and recovery support services.

- **Substance Abuse and Mental Health Services Administration (SAMHSA) Website** (<http://www.samhsa.gov>) – Leads efforts to reduce the impact of substance use and mental disorders on communities nationwide.
- **SAMHSA's National Helpline, 1-800-662-HELP (4357)** or 1-800-487-4889 (TDD) – Provides 24-hour free and confidential information about substance use and mental disorders, prevention, treatment, and recovery referrals in English or Spanish.
- **SAMHSA's "Find Substance Abuse and Mental Health Treatment" Website** (<http://www.samhsa.gov/treatment>) – Contains information about treatment options and special services located in your area.
- **SAMHSA's Division of Workplace Programs** (<http://www.workplace.samhsa.gov>) – Provides guidance for employers on workplace drug-testing issues and can also be accessed by calling 1-800-Workplace (967-5752).
- **SAMHSA's ADS Center** (<http://www.stopstigma.samhsa.gov>) – Provides information and assistance to develop successful efforts to counteract prejudice and discrimination and promote social inclusion.
- **National Suicide Prevention Lifeline, 1-800-273-TALK (8255)** – Provides a free, 24-hour hotline available to anyone in a suicidal crisis or emotional distress.
- **Mental Health America** (<http://www.nmha.org>) – Offers resources about the realities of mental health and mental illness.

As health reform continues to be implemented, use the following resources to learn about the impact of these changes on access to treatment and recovery support services:

- **HealthCare.gov** (<http://www.healthcare.gov>) – Managed by HHS; provides information to the general public on how the new law affects their access to health care.
- **The Kaiser Family Foundation** (<http://www.kff.org/healthreform/upload/8061.pdf>) – Provides a summary of the comprehensive health reform law.
- **The Parity Implementation Coalition's Parity Toolkit** (http://www.facesandvoicesofrecovery.org/pdf/final_parity_toolkit.pdf) – Aids individuals in seeking recovery, and their families, providers, and advocates in understanding their rights under the MHPAEA law.

For a longer version of this guide, please visit <http://www.recoverymonth.gov>, locate the "Recovery Month Kit," and click on the "Targeted Outreach" link. Information about treatment options and special services in your area can be found by calling 1-800-662-HELP (4357) or 1-800-487-4889 (TDD), as well as at <http://www.samhsa.gov/treatment>.

Inclusion of websites and resources in this document and on the *Recovery Month* website does not constitute official endorsement by the U.S. Department of Health and Human Services or the Substance Abuse and Mental Health Services Administration.

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Substance Abuse and Mental Health Services Administration

SAMHSA

www.samhsa.gov • 1-877-SAMHSA-7 (1-877-726-4727)

1-800-662-HELP (4357)
1-800-487-4889 (TDD)

WWW.RECOVERYMONTH.GOV